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ALL-AROUND ATHLETICS

BY

HARRY CORNISH,

PROFESSOR OF ATHLETICS, CHICAGO A. A.

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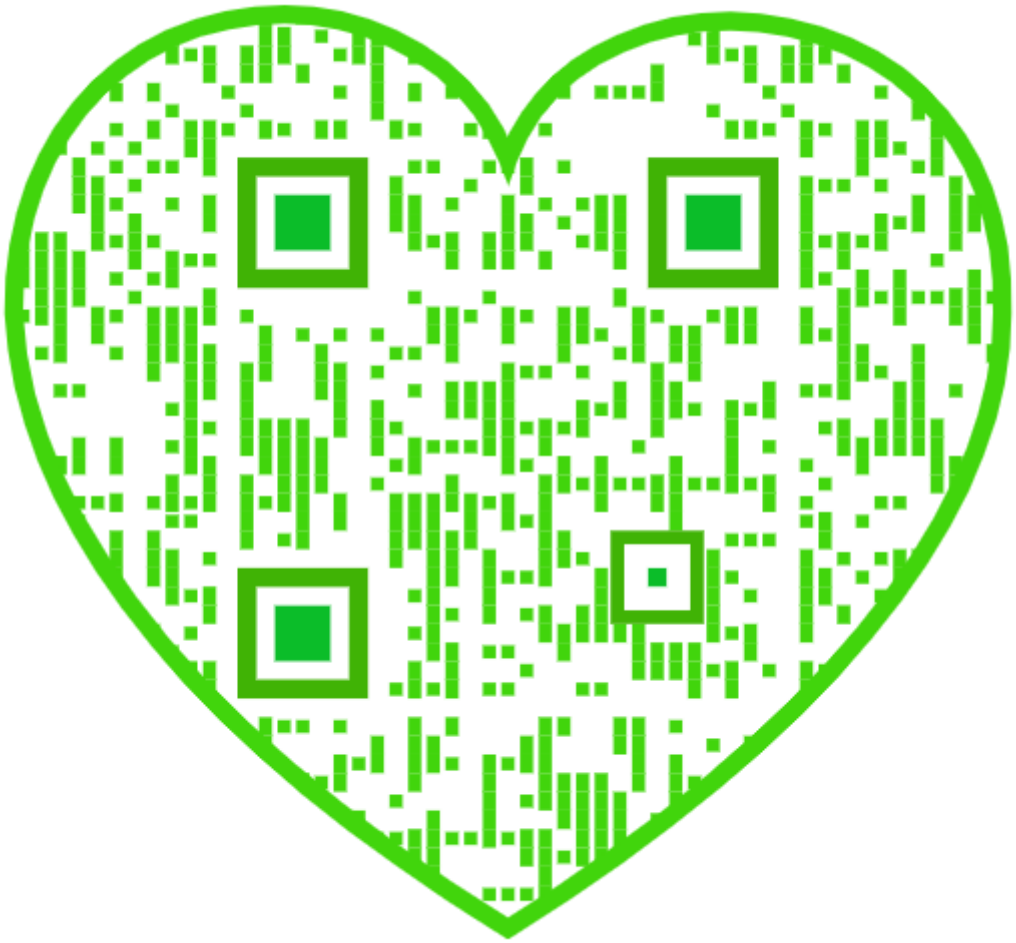

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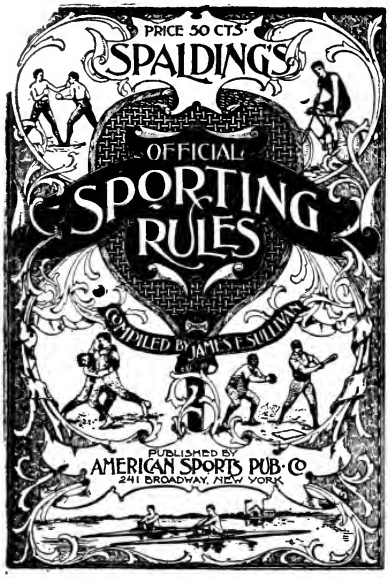

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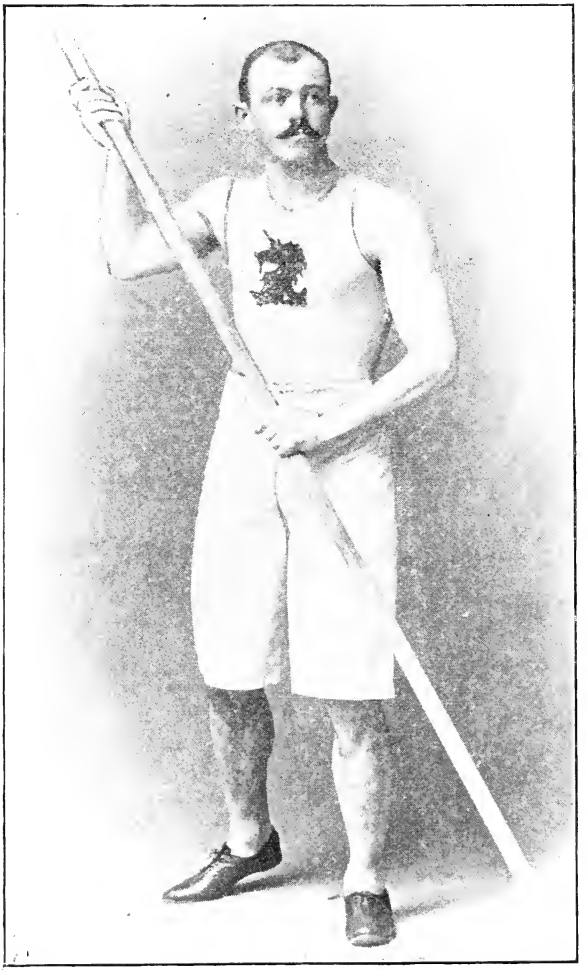

H. S. CORNISH.

ALL-AROUND ATHLETICS.

BY

HARRY CORNISH,

Professor Athletics Chicago A. A.

A BOOK DEVOTED TO THE SCIENCE OF ALL-AROUND ATHLETICS. PROPER DIMENSIONS OF AN ALL-AROUND ATHLETE, AND THE MUSCLES USED IN EACH EVENT. AMOUNT OF WORK TO BE DONE EACH DAY. TRAINING AND DIETING. GROWTH AND DECAY OF MUSCULAR POWER. TREATMENT OF ACCIDENTS OCCURRING IN TRAINING.

FULLY ILLUSTRATED.

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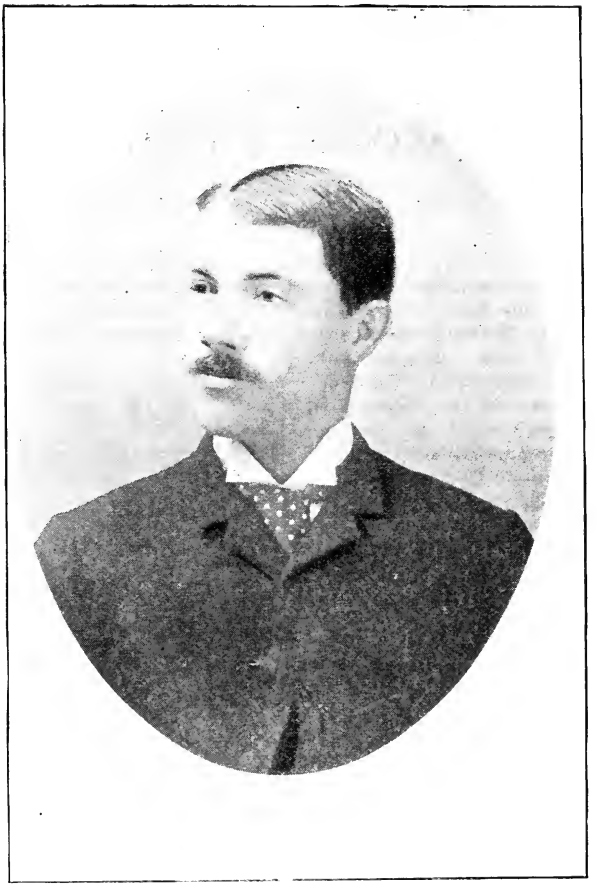
ALL-AROUND ATHLETICS.

Introduction.

There are ten events on the programme of the All-Around Athletic Championship of America, namely: the 100-yard dash, high jump, long jump, pole jump, throwing 16-pound hammer, putting 16-pound shot, throwing 56-pound weight, 120-yard hurdle race, half-mile walk and one-mile run. The competitor who can score the highest percentage on the programme wins the title of All-Around Champion. It at times happens though that a man not proficient in all the events will make a good showing; as for instance, a man may be a first-class weight-thrower and a poor runner or jumper; and on the other hand a good sprinter may be a bad weight-thrower; then in both cases the mark scored in their particular specialty will partially make up for their deficiency in the other events. However, we have found that the winner was generally a man who could average a fair performance through the programme.

POLE-VAULTING.

We live in an age of athletic wonders, and in order to be in the front rank we should stick to one particular form of athletics. But there are men who can perform at everything and be first-class at one event; and to those and others of fair all-around ability we direct the following remarks and suggest a fixed routine for their guidance.



A. A. JORDAN.

Proper Dimensions of an All-Around Athlete and the Muscles Used in Each Event.

The following measurements will be found a fair average of the dimensions of an all-around athlete, and may be taken as a fair guide of what the proportions of the limbs should be respectively:

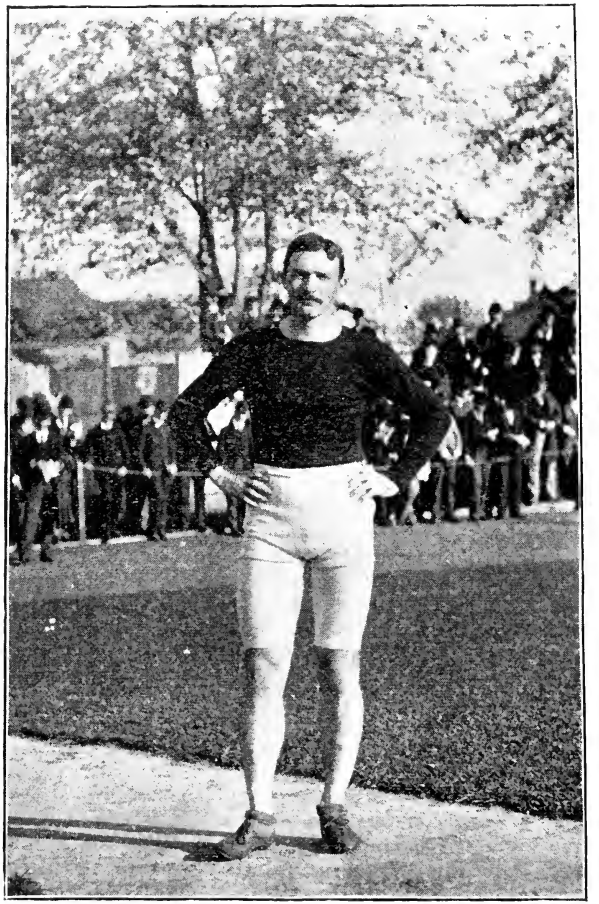
Height....	5 ft. 6 in.	5 ft. 8 in.	5 ft. 10 in.	6 ft.
Weight.. .	129 lbs.	140 lbs.	155 lbs.	168 lbs.
Chest.....	35 in.	37 in.	39 in.	40 in.
Waist.....	27 in.	28 in.	29 in.	31 in.
Hips..... .	34 in.	35½ in.	37 in.	38 in.
Thigh.....	20 in.	21 in.	22 in.	23 in.
Calf.....	13½ in.	14 in.	14½ in.	15 in.

As regards the muscles that are used in the various exercises, it may be remarked that though perhaps in any one exercise nearly all the principal muscles of the body are brought into action, yet there are two or three on which the real strain comes, and on the strength and quickness of which most of the proficiency depends.

In high jumping, the front muscles of the thigh are principally used. They are attached at one end to the top part of the thigh bone, at the other to the knee cap, which passes over the knee and is fixed to the top part of the shin bone. In the act of jumping, these muscles contract violently, and straighten the leg with a jerk, the quickness of which mainly contributes to the height of the jump.

In long jumping, the muscles of the back part of the thigh are used; front muscles are also used. These are attached to the back part of the shin bone at one end, and to the lower part of the pelvis at the other, and by contracting, draw the leg backwards on the trunk. This action is also assisted by the glutæris maximus, which is fixed at one end of the top part of the thigh, at the other to the lowest part of the vertebræ column.

In long-distance running, the front and back muscles of the thigh are used in equal proportions; the former in raising the body at every stride, the latter in propelling it forward. But in the case of running on the toes, the calf of the leg will be



E. W. GOFF.

the weak part; so much so that no amount of practice will enable some men to run any distance on their toes.

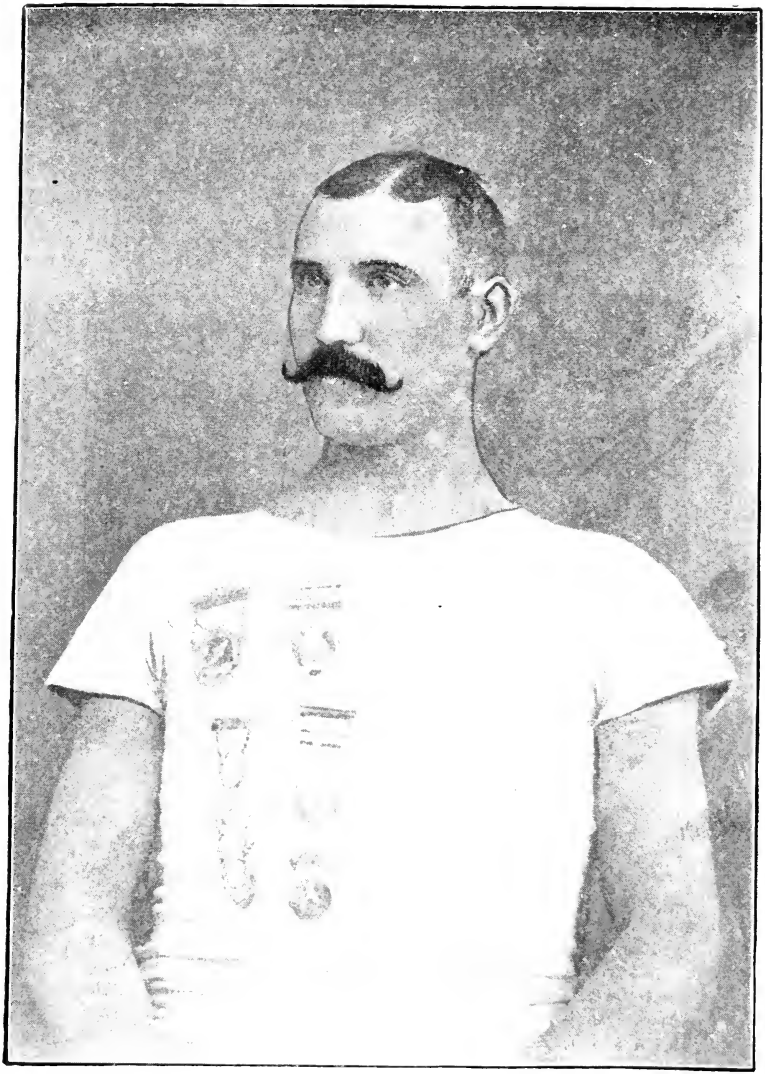
In sprinting, the front muscles of the thigh, which lie nearest to the trunk, bring the leg forward in the rapid repetition of the strides. These are a different set from those that straighten the leg, and are used in long-distance running; they are attached at one end to the lower and front part of the

A RUB BETWEEN EVENTS.

ORTON FINISHING A MILE RUN.

pelvis, and at the other end to the hip part of the thigh bone. The back muscles of the thigh are the same that are used in long-distance running for propelling the body forward. A narrow pelvis is a great assistance in this, as indeed in all running; for on the narrowness of the pelvis facility in repeating the strides principally depends.

In throwing the hammer and 56, more depends on the swing than on the strength of any particular muscle, though the strain comes more particularly on the small of the back, that is, on the muscles which raise and keep the back erect, and are attached to all the vertebræ of the spine.



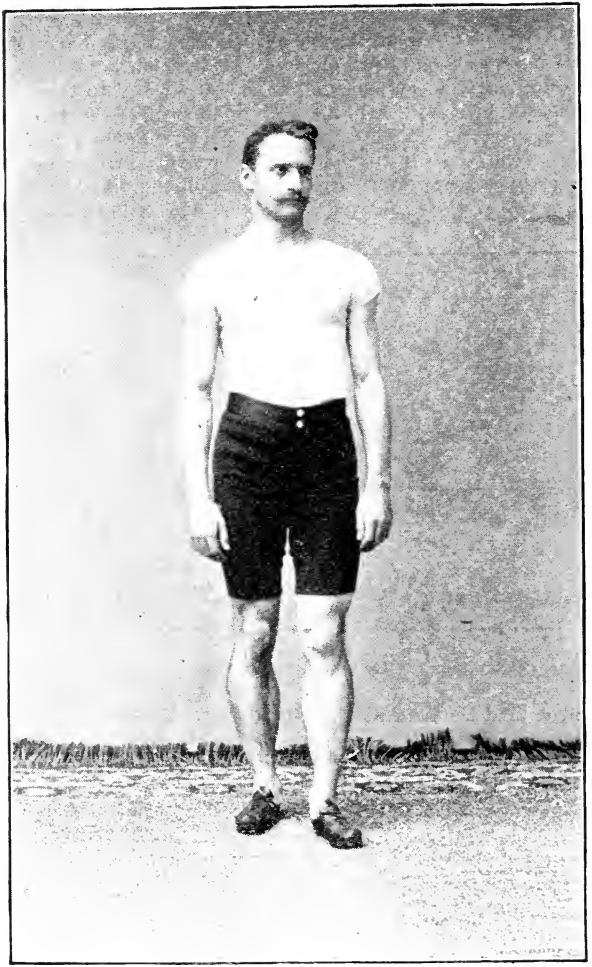
M. O'SULLIVAN.

In putting the shot, the muscles called particularly into action are the front part of the deltoid, which is attached to the top part of the arm, and at the other end to the collar bone, and brings the arm upwards and forward; the top part of the pectoral muscle, which also runs from the top of the arm to the collar bone, and brings the arm forward; the triceps, which are fixed at one end of the shoulder and shoulder blade and at the other end of t' e fore-arm, below the elbow,

CRUM WINNING IN 100 YARDS CHAMPIONSHIP. MAY 25, 1895.

and extend the arm at the elbow joint. The put is also assisted by a simultaneous spring with the legs and a rapid move of the body.

In walking, the muscles of the whole body are brought into action more than in any other exercise we have alluded to. The arms and back assist the legs greatly in changing the balance of the body and in bringing the hips forward at each stride. The calf of the leg has much work to do, even as much as in running on the toes. The muscle, however, that suffers most is that which rises on the outside of the shin-bone, near the knee, and runs down the leg, crossing the shin near the ankle, to be inserted near the inside of the sole of the foot. This muscle rises the foot, and draws it back towards the leg

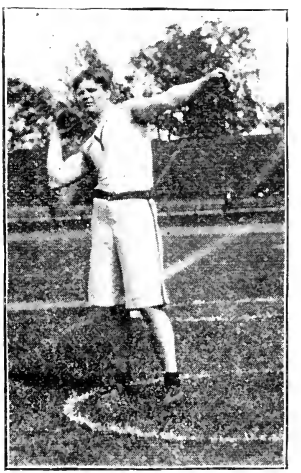


M. W. FORD.

at the end of the stride, and also points the heel at the commencement; so that in fast walking it has no rest, and consequently becomes very painful. The front and back muscles of the thigh also come in for a large share of the work.

Amount of Work to do each Day.

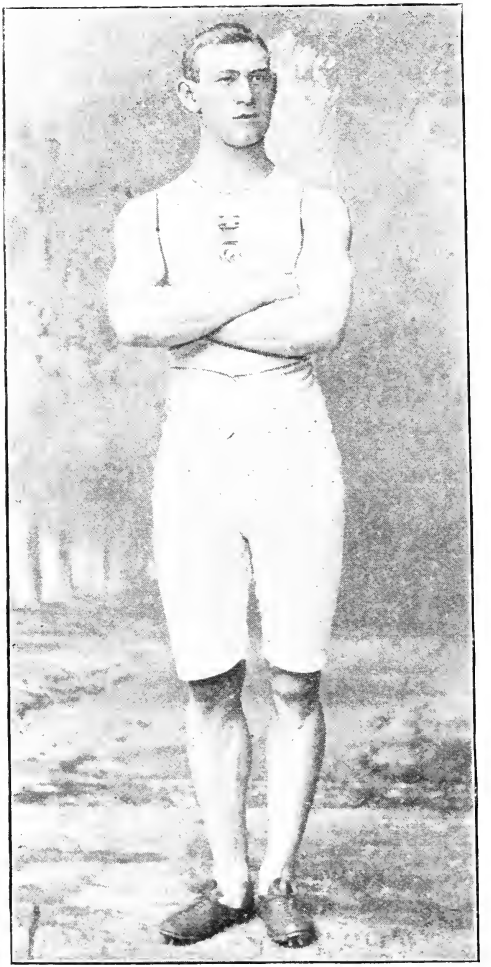
Before a man begins to train for the all-around championship he should have a good substratum of health and strength



HICKOK PUTTING THE SHOT.

MITCHELL THROWING 56-LB. WEIGHT.

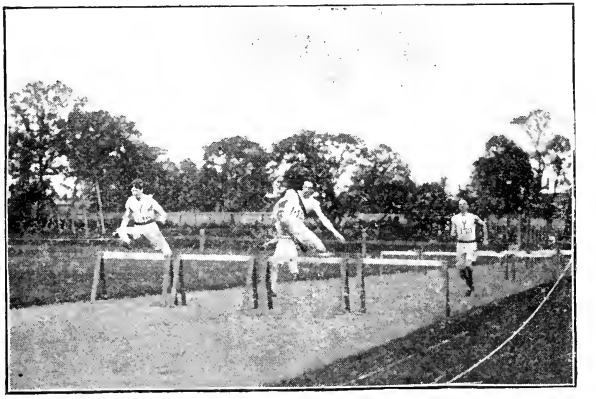
to start upon. If he is out of condition, and fat and flabby from laziness and high living, it will do him no harm to take several Turkish baths at intervals to begin with. Some smart five-mile walks followed by a good rubbing down with a rough towel will soon make him fit to begin his training, if he has in the meantime kept regular hours and lived on a modicum of good healthy food of the kind which he is usually accustomed. Without this preliminary care, not only will he



W. R. THOMPSON.

get stiff and jaded by beginning violent exercise too quickly, but he will incur the greatest possible chance of straining or snapping a muscle, and thus placing himself *hors de combat* for a season. Granting, however, that our aspirant is, from the effects of football, walking, or tennis, in fair ordinary condition, we will follow his course through the different events and for each day of the week.

MONDAY—The athlete should practice about fifteen start of the hundred yards. As it is now admitted on all sides

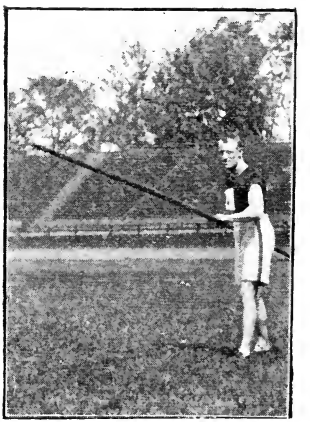


HURDLE RACE.

that starting on all-fours is the safest method. The competitor can hold his mark for any length of time, and will always have full confidence in himself. He should dig a hole for both feet, one about nine inches behind the other. When on his mark he should hold his legs well up under his body, as the straighter the knees are the more strength will be imparted to the thighs in propelling the body forward. This sprinting practice should end with the athlete running about seventy-five yards at full speed. Without delay he should then essay five or six starts over the hurdles. The obstacles should be placed the regulation distance from each other, and

the trainer should at all times remember and clear them without hesitation. Two or three hurdles are enough at each start. Immediately he should take some trials at the 16-pound shot and hammer. Six trials at each weight must be taken and these alternately. We do not, for a moment, intend to offer any advice on the best method or advocate any particular style in this work for the matter has been exhaustively dealt with by experts in two numbers of this library, notably—the

GOFF BROAD-JUMPING.

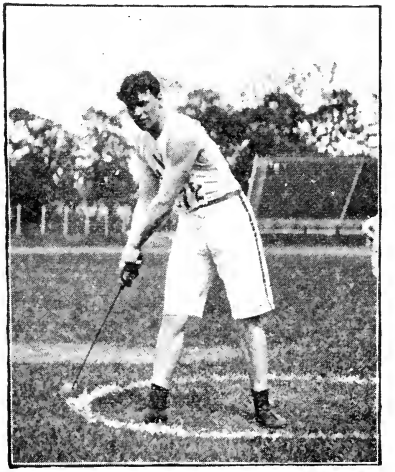


BUCKHOLTZ STARTING FOR THE POLE-VAULT.

Athletes' Guide and College Athletics. However, we would advise that the hammer be swung as loose as possible, and the strength of the body be brought in to play in the effort of putting the shot. A shower bath or good sponging should be taken immediately; and followed by a brisk toweling.

TUESDAY—Running broad jump, pole jump and throwing the 56-pound weight should be the order on Tuesday. The running broad jump requires less preparation than any other event on the programme, consequently, if the athlete be a fair jumper, four or five trials will suffice. He should try and get up in the air as much as possible. A good plan to practice

this important feature is to stretch a line across the landing turf about eighteen inches high and about seventeen feet from the take-off. To clear this at each trial will give the habit of getting well up in the air. The pole jump should be commenced at a height of about seven feet, and gradually raised until the limit is reached, when the athlete should retire to the 56-pound weight. This is an event that requires the least



THROWING THE HAMMER.

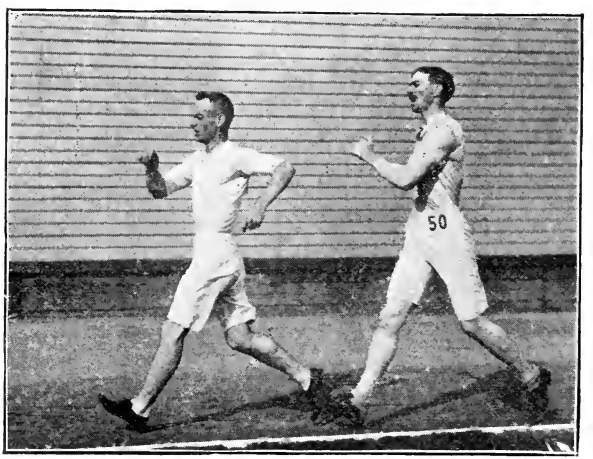
indulgence of any on the all-around programme; only six or seven trials should be taken. The weight should be swung with both hands over the head, and great care should be exercised, as even the strongest performers at the game are constantly liable to strain. Tuesday's work should wind up with a gentle jog of half a mile, well up on the toes, and followed with a bath and rub down.

WEDNESDAY—The day's work should commence with some high jumping, followed by starts and sprints over the hurdles. Putting the shot and throwing the hammer should be again indulged in, and a half-mile walk at a good lively gait

THURSDAY—Pole jumping and broad jumping, followed up by a three-quarter mile run at a lively gait in order to bring on a fair perspiration.

FRIDAY—This should be practically a day of rest, but it is best to do a little at the 56-pound weight and a walk of one mile.

The whole programme should be gone through on Saturday, when the athlete should be assisted by a friend or two who



MEEK. SHERMAN.
WALKING.

will act as timers and measurers. To some this might appear to be too much on a Saturday, but the rest of the Sunday following will bring the athlete back again to his old condition.

Training and Dieting.

Of the very oldest system of training, which is now thoroughly obselete, little need be said, as no amateur of recent years has thought of following it. It was a method which

may be called pre-athletic, as it was, in fact, nothing but adopted for training for the prize ring. The weight was to be reduced to its minimum at all hazards; the liquid consumed was to be a maximum of two pints a day; the edibles were almost entirely meat and bread, and the natural physical result of such a diet was counteracted by daily purging medicines. Sweating, meat eating and purging constituted the old system

RUNNING HIGH JUMP.

of training; and those who wonder how such a custom could ever have been adopted must recollect that it was chiefly applied to men of the lower class, used to coarse food, and with no highly organized nervous system. It needs no argument to show that such a method could not be beneficial, or even practicable, to an amateur who takes up athletic sports as a recreation and not as a business.

However, while from the first amateurs admitted that the old plan was wrong, a movement happened which is well known to historians—the old creed was overthrown.

There is certainly this apparent justification for the traditional course, that, as a rule, people in modern times do not adopt as frugal and temperate a habit of diet as they should, and a great many of them are either without the inclination or without the opportunity of taking sufficient exercise. There is no reason why an athlete who desires to get fit should lead other than a natural life, or alter an ordinary natural diet more than is rendered necessary by the increased amount of exercise which he has to take. Another difficulty which arises in laying down any regimen for training is the indubitable physical fact that no two men are alike in their internal economy any more than they are in their outward features; and when proverbial philosophy informs us that "one man's food is another man's poison," it becomes impossible to speak merely from practical experience with any absolute confidence. When, however, it is understood that the problem, "What should an athlete eat and drink when in training?" resolves itself into nothing more than this, "What is healthy diet for a young man who wants to get his muscles hard and keep his wind good?" it will be seen that it should not be difficult to give some short and simple rules for guidance.

The staple articles of an athlete's diet should be composed of plain-cooked meats and a reasonable quantity of fresh fruit and vegetables. Beef, mutton and chickens are more digestible than veal and pork, and should be more frequently eaten, as indeed is the case in ordinary life; but to treat veal and pork as so much poison, as some trainers do, is simply silly. Taken occasionally by a man who is accustomed to them, they form a pleasing change, and, where a healthy man has an appetite for any food, one can pretty safely say that he can digest it. Fish is light and nutritious, and may judiciously be taken at any meal in the day. Soft-boiled eggs are both light and wholesome, but to eat them on the top of a heavy feed of steak or chops is a huge mistake, and leads to the usual result of over-feeding—biliousness.

The most rigid of the trainers of the present day give chops or steaks and eggs for breakfast; beef or mutton and vegetables for lunch; and beef or mutton again for dinner, together with stewed fruit and rice or bread pudding. This is a good sample of diet, we have no doubt; but variety is

pleasing, and as soon as any food, however healthy, begins to pall, it should be changed for something which, although less digestible, will please, and therefore reinvigorates the trainee.

Regarding eatables common sense tells a man that heavy pastry, or "stodgy" sweet puddings, or highly spiced dishes, are not healthy food, and that the less that is taken of them the better for an athlete; but, at the same time, one requisite for a healthy diet is that a man should like it. Porridge makes an admirable dish for breakfast, but not to a man who doesn't like it. Pepper and mustard may possibly be deleterious to the coats of the stomach, and tea without sugar may possibly be healthier than tea with sugar; but if a man dislikes his beef without mustard, or his tea without sugar, he had much better use these codiments than go without them, and he will do well to have kidneys and bacon for breakfast rather than to force down his throat the admirable porridge which he may not happen to like. Nothing which is unpalatable should be eaten as a duty.

Many men in training have the chief meal in the middle of the day, and a great many doctors recommend this as more healthy, saying that the digestion is stronger in the earlier part of the day, and that when the body is jaded after the day's work it is not fair to put a strain upon the digestion in its weakened state. Whether this view be right we do not pretend to say, and content ourselves with offering the practical advice that the athlete should dine at that hour when he feels most hungry. Men who are accustomed to dine in the evening may, we think, advantageously stick to their old practice when in training, and take their chief meal after their day's work. Of one thing we feel convinced, that a man in training (unless his consumptive powers are as abnormal as those of Milo of Crotona) does not want a heavy lunch and a heavy dinner as well. If he dine in the middle of the day, his breakfast and supper should be lighter in proportion, and if he dine late he will only want a light lunch of a chop or a plate of cold beef and vegetables, with little or nothing else. On the whole we prefer the system of a good breakfast, light lunch, and a moderate dinner after the day's work.

Another important item in the daily life of the trainee is the amount of liquid he should take. He should never drink between meals unless he is absolutely thirsty, in which case

he should drink to assuage his thirst and not for enjoyment; and at meal times he should drink as much as he reasonably feels a craving for. If the drink be unnaturally stinted, the man will soon break down, his skin will get unhealthy, and his sleep and digestion will be impaired.

Doubtless it is quite true that a couple of good-sized cups of tea at breakfast, half a pint of sound ale or beer for lunch and a pint at dinner is enough for most men in training; but to hold that a man who finds himself parched after his exercise at 4 o'clock is to wait until his dinner at 6 o'clock before he can touch a drop of liquid is to turn a useful generalization into a ridiculous rule.

Growth and Decay of Muscular Power.

The food, after maceration by the teeth, and solution by the action of the saliva, gastric and other juices, is taken up by a system of vessels, and mingling with the nervous blood, it is carried to the heart, whence it is sent to the lungs to be aerated, and back again by another set of vessels to the heart, to be finally pumped through the arteries to all parts of the body, carrying materials for the repair of the tissue, and production of heat. In the very minute terminations of the capilliary arteries in those structures, where the molecular change of the body goes on, the current of the blood is very slow, to enable the warmth and sustenance of the body to be kept up by the chemical actions of distribution and reproduction of tissue, the oxygen in the arterial blood obtained from the lungs is carried throughout the system and assists these actions, therefore, perfect respiration and pure air are great promotors of change of tissue. This shows the necessity of the blood being in a sufficiently liquid state to hold gases and nutritive matter in solution for the purposes of oxidizing tissue, and of forming flesh. The amount of water in the blood determines, to a great extent, the health of the body, the blood being the organ of the vital processes of change; the severe restrictions on liquid imposed on those in training, who, by arduous exercise, waste much tissue and need much repair, are, therefore, physiologically wrong. The action of the air on the skin stimulates the secretion and exercise, and by indirectly raising the heat of the body, it induces

perspiration, which is nature's remedy to keep the temperature of the body constant. Evaporation and secretion require water. On a daily average, two pounds of water are thrown off by the skin in moderate exercise. Water forms seventy per cent. of the whole body, and for the digestive fluids, the proportion of water to solid is as 12 to 1. Liquidity is necessary also, for the actual processes of decay and repair, by causing the passage of fluids of different densities through the various animal membranes from the oxidation of nervous blood in the moist air of the lung cells to the repair of the tissues by the smallest capillary in the extremities.

Want of liquid causes a stagnation of the circulation, and an inflammatory state of the body, and it excites the nervous system to an extraordinary degree, owing to this want, under the usual system of training regimen, the body is frequently in a state of fever about the second week, until, either the trainer gives up the preparation, or his constitution had temporarily accommodated itself to the change at the expense of his vital energy.

The nourishment of the body by the food taken is important in its regard to health, and in its variety. The primary object of food is to form blood, and according to the condition in which the body receives it, greater or less nutriment, at the same expense of vital activity, will be obtained. The assistance of nature, by proper cooking and careful selection of articles, is in our own hands. Our vegetables should be well cooked, and the animal food should be done so as to retain the juices of the meat. Let it be rather under than overdone; brown meat is more nutritious than white. If the digestion is good, the athlete need not be particular as to description of food; rich sauces are not to be recommended, or even heavy puddings, but jellies and light ones are most acceptable. A healthy, robust man, in hard work, may eat anything in moderation. The food should be well masticated, to enable the saliva to dissolve the starchy matter in it, and also to prevent a sudden loading of the stomach. The blood during digestion is principally employed about the stomach; exercise or mental work therefore directly after a meal will retard the operation of digestion by taking away the blood to the limbs or brain. The time of taking meals, and the quantity at each, may vary with each individual. Two good meals a day and

one light one are sufficient for any athlete. It is better not to drink between meals, and at meals, to sip the liquor, not to bolt it. After severe exercise, a good night's rest is indispensable, and we would fix eight hours as the minimum.

By sleep, fresh energy, muscular and nervous, is stored up for the next period of activity. The internal organs still continue their round of motion in a diminished degree, but those of locomotion which have been severely taxed in the daytime are at perfect rest, and need it in proportion to their past exertion. Great mental activity requires much repose; and we find that the athlete of nervous temperament in hard exercise requires nine or ten hours' rest.

In the winter more sleep is required than in summer, from the fact that the activity of the system in keeping up its warmth, etc., though of shorter duration, is greater; while, as a rule, in summer a certain amount of rest is taken at intervals in the daytime. Sleep after food is often required by nervous persons of weak digestion, but the robust athlete is better without it, an amusing book, light study, etc., taking its place. Before going to bed, if a hearty meal has been eaten, a short turn in the open air will be beneficial in cooling the system. It is a mistaken innovation of the age to have fresh, cold air in a bedroom at night, the stimulus given to the lungs by continued supplies of oxygen tends to increase the waste of the body, to abstract its warmth, and to prevent the repose of the system, which is essential to its renovation. The ventilation of a bedroom at night is amply provided for by a chimney; in rooms without air the window may be slightly opened at the top. Since warm air induces sleep and restraining waste, it seems fairly to be inferred that during the period of repose, the waste of the tissue and the abstraction of warmth from the body, can be lessened by keeping off the cold night air. A glance at the habits of animals who crowd together for warmth during sleep will show the force of our argument. We are not dealing with any cases of ill-health, etc., when the object is to remove the impure air containing the germs of infection as soon as possible. A mattress gives the soundest sleep; the quantity of clothing should be sufficient to keep up a gentle exhalation from the skin. We have not placed any limit as to the amount of food at each meal; the quantity must vary with the exercise, weather and

constitution of each individual. Instinct prompts us to replenish the furnace, for if there is no fuel in the furnace the human engine consumes its own structure. It has been proved by the experiments of Chossat that the body in daily work loses about 1-24 of its weight, and that life ceases when the waste has reduced it to three-fifths of its original weight. In the nerves, however, the loss is hardly perceptible, while the fat suffers in double the proportion of the muscle, 90 and 45 per cent. respectively.

This may well explain the nervous excitability of the body when kept beyond its regular time for food, or when supplied with food of deficient quality. The arrangement of the internal mechanism must go on, respiration continues, circulation and heat result, at the expense of the machine itself. By regularity in meals the stomach accommodates itself to the change of action and repose, and the system harmonizes with it.

In discussing the improvement of health, the principal organs of the body will next demand consideration, their actions in intent being sufficiently identical for the purposes of description: though they vary, however, in such an amazing degree in their character and quality as to become a study of great importance to those physiologically interested in training. The peculiar nature of life, its unknown source, and its relation to circumstances, make the laying down of fundamental rules in detail for its improvement beyond the substance of our remarks. The operation of external forces, viz., air, heat, food, etc., on an organized mechanism, contribute principally to the production of vital force, and, to a certain extent, their action can be reduced to rules. But why this subtle force should be so capricious in its quantity and quality we are at a loss to know. The training off of an athlete is often a direct loss of vital energy from one cause or another, as it is of an actual reduction of muscular substance. Both cases occur, and the reasons we can assign are frequently correct; but why two athletes, organized machines under the same exterior circumstances, and, with a preparation, for the sake of hypothesis, equally favorable to each, of the same weight, height and measurement, should be invariably different in power and endurance in a contest, we can ascribe to nothing but the specific vital force of each individual.

This fact is much overlooked in all preparations for athletic contests where a severe strain is put upon the constitution, as in running, jumping and weight throwing.

When so delicate a structure as the human body is submitted to the operation of air, food and exercise, so powerful for evil, as well as for good, it may be supposed that every possible variety in vital motions thence resulting will be displayed. Excess, defect, or nice adjustment here play a more important part in affecting health than they do in the construction of the organism itself. The forces employed to drive the machinery require more care in application than is necessary, or even possible, in the securing of a good constitution of the machine itself The latter we have to take as we find it. The former are placed by Providence very much under our control. And it is upon their proper use or abuse that all of health taken individually, which we have it in our power to influence, depends.

Treatment of Accidents Occurring in Training.

Blisters on the hands and feet occur—on the hands from throwing the 56-lb. weight and hammer, and on the feet from walking or running, in both cases without due precaution. When on the hands they should be pricked with a fine needle—if this can be done before they have burst. The needle should be inserted obliquely, and the watery fluid contained in the blister should then be pressed out; and this should be repeated as soon as the blister has filled a second or third time. In this way the contact of the air is avoided, and in two days the true skin becomes protected by a new cuticle or scarf-skin. If, unfortunately, the blister is broken, the best plan is to apply some collodion with a brush; but it gives considerable pain, and seldom remains on more than six hours, after which time it requires renewal. If possible, some time should elapse before the hammer or weight is taken in hand and then a kid glove should be worn.

When the feet are the seat of the mischief, there is the same necessity for the preservation of the cuticle, and the needle should be used in the same way; if, however, this protection is removed, a piece of fine kid should be spread with soap plaster, and applied over the skin, extending for at least half an inch beyond the blister in every direction. This treatment

answers on the feet, while on the hands it is wholly useless, because the friction of the hammer handle soon rubs off the plaster while under the shoe it remains tolerably well and smoothly applied.

CORNS AND BUNIONS—Blisters are troublesome enough to the athlete, but corns are a thousand times worse. The former are only temporary evils, while the latter are a perpetual cause of discomfort and misery. Corns are of two kinds, hard and soft; and this distinction is not only dependent upon situation, as some people imagine, for the essence and even the cause of a soft corn are entirely different and distinct from those producing the hard variety. The soft corn only occurs between the toes, and partakes more of a warty character than that of the true corn. There is really a growth of the cutis or true skin, which shoots up some little sprouts covered with a cheesy matter, and these become exquisitely painful if pressed upon by the adjoining toe. On the other hand, the true or hard corn is simply an effort of nature to protect a part unduly pressed upon; but the effort is carried to an inordinate extent. It is an over secretion or formation of cuticle, which, as it becomes thicker and harder, is again pressed into the influenced cutis by the shoe, and thus, by acting as a foreign body, aggravates the mischief, and causes it also to react on itself, by increasing the already inordinate secretion of cuticle. Thus these causes act and react on each other, till you often find a deep process of hardened cuticle driven into the skin, and which is often called the root of the corn. But it must be understood that these do not grow first, but are the last results of a very obstinate and long-standing mischief. In all cases, the corn, first of all, has no root whatever; its growth is not from within outwards, but from without inwards, and the term "root," therefore, is misapplied. Bunions are different in appearance and character from either hard or soft corns; they are frequently caused by pressure, but in them the skin is not the seat of the inflammation, but the synovial bag on the inner side of the ball of the great toe, or sometimes on the outer side of the foot or on the instep. In all cases they are soft, pulpy, bag-like projections, often, though not always, without hardness or roughness of skin. They are attended with great pain and tenderness, and cause considerable lameness.

The treatment of soft corns should be as follows: With the nail pick off as much of the cheesy matter as can be removed; then, if the next day can be given up apply a piece of lunar caustic to the surface, rubbing it pretty well in, but avoiding contact with the adjoining skin. After this keep a piece of cotton between the toes night and day, and it will be found that after twenty-four hours' rest all pain will have disappeared, the surface will have lost its moisture, and will have become hard, black and dry. If the cotton is renewed daily this state of ease will be maintained for a week or ten days; but then it is necessary to pick off the blackened surface and re-apply the caustic, again using the cotton. This second application will probably last a fortnight, but by that time the edges of the blackened cuticle becomes loose, and the application should be repeated; but not till three weeks have elapsed. In this way by three or four applications the most obstinate and painful set of corns yield to treatment, and become permanently cured; but the skin between the toes should be kept constantly washed and rubbed with a soft towel, so as to remove every particle of secretion daily. With regard to hard corns, nothing will be effectual as a cure unless the pressure which caused them is discontinued. In that case they require very little treatment; but if it is continued, as it must be when they occur at the sole of the foot, the only remedies are palliative, and require constant and careful repetition. Chiropodists are constantly holding certain hopes of a cure, but this is a fraud upon the unwary, and only leads to the picking of their pockets. Anyone, however, who has the use of his hands may readily treat his own corns, if he will attend to the following directions: In the first place, the cuticle should never be allowed to grow to such a degree as to occasion pain; it should be carefully removed before that time, and the best instrument for its removal is a pair of nail-scissors; with these a small piece of the thickened cuticle should be caught hold of *and raised from its bed at the same time*, then gradually closing the blades, it is removed without any great pain; for if much is given, it is only necessary to raise the scissors still more, and, as it were, drag the corn out of its bed, when the pain ceases, and the excision of that portion is effected. After removing this small slice, another slice is to be taken hold of and removed in the same way, till all vestige of the hardened

cuticle is gone; after which it may either be covered with a piece of wash-leather, spread with soap plaster, or left to its fate. The former is of course the better plan; but, if the corn is removed as often and as fast as it grows, there is no necessity for adopting it. This treatment will generally suffice, but not in very obstinate cases. Such cases, however, are seldom adapted for training, and therefore are not within my province.

Boils—These are an effort of nature to get rid of a dead piece of cellular membrane by means of inflammatory action. In consequence of some peculiar condition of the blood, of the exact nature of which very little is known, a death (or sloughing, as it is called) of a portion of cellular membrane takes place close under the true skin; to remove this foreign body nature sets up an inflammation, which is invariably of a slow and congestive character. It appears as if the poisonous nature of the slough irritates the surrounding parts to such a degree as in some measure to interfere with the process of absorption, and, consequently, a painful and hardened circle of swelled and reddened skin is formed around the dead cell. In most cases the thickening is so great as to stop the circulation of the interior of the circle and the boil remains stationary for a long time. The only remedy for this condition is either the application of some stimulating greasy application, such as a linseed poultice, or the division by means of a knife. Either of these remedies more or less speedily puts an end to the inactive condition, and then a healthy suppuration goes on to remove the cell, and by throwing up fresh granulations, as they are called, to restore what has been removed. Such is the nature and ordinary treatment of a boil, but in training it is almost impossible to bear the use of a knife, if the boil is in any part that is subjected to much friction.

Hæmorrhoids, or as they are commonly called, piles, are very often exceedingly troublesome in training; they are generally symptomatic of congestion of the liver, and are relieved by those measures which remove that condition. The reason for this is obvious—the veins which return the blood to the heart from the lower bowels pass through the liver on their way, and consequently whatever impedes the passage of the blood through them has a tendency to produce the effect

on the hæmorrhoidal veins. Hæmorrhoids are, in fact, varicose veins in the rectum, sometimes bleeding, in consequence of their wall giving way; they are also divided into external and internal piles, the distinction, however, being only one of situation. It will be unnecessary for me to describe the appearance of these troublesome little swellings, as they are so exceedingly common to be well known to almost everyone. In their treatment three points are to be attended to—first, to unload the liver; secondly, to prevent mechanical visitation by the presence and passage of solid forces; and, thirdly, to allay the inflammation already existing by local remedies. The first and second of these objects may generally be combined, but in very badly congestive state of the liver a dose or two of blue mas pills may be given in addition to this remedy. It should be avoided, however, if possible, as its *immediate* effect is rather to aggravate than to allay the local irritation. Generally speaking, the following remedy will be the best, acting in the double capacity which I have alluded to: Take of powdered brimstone half an ounce; cream of tartar and powdered jalap, of each two drachms; powdered ginger, one drachm; electuary of senna, three ounces; syrup of buckthorn, enough to make an electuary, of which one teaspoonful may be taken every night. This quantity should be increased or diminished so as to keep the bowels gently moved every day. When the bowels are usually sufficiently relaxed, but the piles are still painful, then give five grains of the confection of black pepper, with an equal quantity of common pitch, night and morning, made into two pills. As a local remedy, when the irritation is great and recently come on, the use of very hot water with a sponge to the parts two or three times a day will afford great relief. This should be followed by the application of a little of the following ointment: Take of gallic acid and finely powdered opium, of each one drachm; ointment of acetate of lead, an ounce and a half. When the piles are of long standing these remedies may be used; but, in addition, four ounces of cold water should be thrown up into the rectum immediately before each time that the bowels act. By these methods of treatment piles may almost always be relieved, and generally cured; but on the recurrence of a disordered liver, they will be sure to reappear, and therefore that condition must be guarded against.

ACUTE RHEUMATISM is quite incompatible with training, and its treatment need not, therefore, enter into our inquiry. Chronic rheumatism, on the other hand, is constantly interfering with hard work, and its attacks are anxiously to be avoided. It may be divided into muscular rheumatism and rheumatism of the joints; the former shows itself by occurrence of pain, often very severe, on the slightest movement or attempt at movement, even of the particular muscle or muscles attacked, which again are generally quite free from pain while quiescent. On pressing upon the muscles attacked great pain and soreness occur, and the seat of the disease in this way may be discovered; on the other hand, when the ligaments around the joints, it requires the joint itself to be moved, either actively or passively, before pain is experienced. Thus, supposing there to be rheumatism of the arm, if the upper and lower arms are firmly grasped, so as to fix the elbow, and the patient is told to bend the elbow, if muscular rheumatism is present he will give himself even more pain than usual; but if the joint only is affected, no pain, or much less than usual will be felt. During training, whenever rheumatism is so severe as to require internal medicine, the disease is of such a nature as to demand rest; but it often happens that local remedies will suffice, and this is particularly the case with muscular rheumatism. It is generally in those muscles which are more particularly called into play by the nature of the exercise that rheumatism shows itself, and every time exercise is taken the rheumatic condition only goes off during use, to return with increased activity after a rest. In all these cases prevention is better than cure, and all unnecessary exposure of the body should be avoided, especially if in cold or wet weather. Flannel should be worn next the skin during the day, and after stripping, the coat should be put on again without delay. As a local remedy, one of the following may be tried, and I give them in the order of their severity, beginning with the mildest. First, take of tincture of capsicum half an ounce, spirits of camphor one ounce; tincture of arnica, one drachm; mix; on using it add an equal quantity of hot brandy, and rub the part affected for a quarter of an hour. Secondly, take a liquor of ammonial, spirits of turpentine, laudanum and neatsfoot oil, equal parts; mix and rub in before a good fire twice a day. These remedies will often allay

any muscular rheumatism which may occur in training, and I have even known rheumatism, when attacking the joints, subside on the use of the last mentioned application. As I before said, more remedies are incompatible with training.

VARICOSE VEINS—By this term is meant an enlargement of the veins, generally of the leg, accompanied by a breakdown or insufficiency of the valves which are situated at short intervals along their course, so that the veins bulge out in places, and become much more tortuous than usual. The disease appears to depend upon some natural or rather congenital weakness in the structure of the coat of the veins; at all events we know no other cause. Many families are quite exempt, while others, again, are almost in every case predisposed to their occurrence. A radical cure may often be effected by the surgeon, but it is not unattended with danger. Still, few of those who suffer from them are capable of going through severe wear while afflicted in this way, and therefore, in most cases, either the operation must be done or all severe training must be abandoned.

As a palliative measure, the elastic stocking may be tried, but the heat of the parts is so much increased by their use that few people wear them without suffering material inconvenience. In spite of the pain and danger of the operation, I confess that were I subject to varicose veins, I should incur both without a moment's hesitation. In some cases a thin slip of elastic band, about a quarter of an inch wide, may be worn with effect. It should be applied spirally from the top to the bottom of the leg at about two inches interval. This is not so hot as the stocking, and in mild cases acts equally well.

All-Around Champions of America since 1884.

	POINTS.
1884—W. R. Thompson, Montreal	—
1885—M. W. Ford, N. Y. A. C	—
1886—M. W. Ford, N. Y. A. C.	45
1887—A. A. Jordan, N. Y. A. C	36
1888—M. W. Ford, S. I. A. C	28
1889—M. W. Ford, S. I. A. C	30
1890—A. A. Jordan, N. Y. A. C	41
1891—A. A. Jordan, N. Y. A. C	30
1892—M. O'Sullivan, N. A. C	45
1893—E. W. Goff, N. J. A. C	—
1894—E. W. Goff, N. J. A. C	—

The Champions since 1884.

The following are the champions, with scores of each competitor, according to percentage scoring:

1884.

W. R. Thompson, Montreal, 5304 A. A. Jordan, N. Y. 4705
M. W. Ford, N. Y. ..... 4941 J. P. Thornton 4060

1885.

M. W. Ford, N. Y. ..... 5045 A. Ing, N. Y. 4695
J. J. Purcell, Dublin *4214

*Under old system of scoring Purcell won second prize.

1886.

M. W. Ford, N. Y. ..... 5899 A. Ing, N. Y. 4230
A. A. Jordan, N. Y. ..... 5321 J. K. Schell, Philadelphia .. 3618
J. P. Thornton, N. Y. ..... 4553 J. J. Van Houten, N. Y. 3313

1887.

A. A. Jordan, N. Y. ..... 5236 J. J. Van Houten, N. Y. 4682
A. Schroeder, N. Y. ..... 4958 W. R. Thompson, Montreal. 4346
M. O'Sullivan, N. Y. ..... *4161 G. Brinton, Philadelphia 3949

*Under old system of scoring O'Sullivan won third prize.

1888.

M. W. Ford, N. Y ..... 5161 A. Schroeder, N. Y. 4544
A. A. Jordan, N. Y. ..... 4911 M. O'Sullivan, N. Y. 4014

1889.

M. W. Ford, N. Y.....*5186 G. R. Gray, Canada. 4424
A. A. Jordan, N. Y.....5520 C. Livingston, N. Y...Stopped
A. Schroeder, N. Y.....4711 M. O'Sullivan, N. Y. 4669

*Under old style scoring Ford won first prize.

1890.

A. A. Jordan, N. Y.....5358 J. C. Devereux, N. Y..Stopped
M. O'Sullivan, N. Y... ....4111 E. G. Abbott, N. Y....Stopped

1891.

A. A. Jordan, N. Y.....6189 E. W. Goff, N. Y.....*5464
J. J. Mooney, N. Y..... ..*5091 H. H. Baxter, N. Y....Stopped
M. O'Sullivan, N. Y.....5229 O. Pulvermiller. N. Y.....4325

*Under old style of scoring Mooney finished second and Goff fourth.

1892.

M. O'Sullivan, N. Y.....*4464 G. Schwegler, N.Y.....4566
E. W. Goff, N. Y.....*5232 D. Long, Boston.....2965
H. H. Morrell, N. Y.....4859

*Under old style of scoring O'Sullivan won.

1893.

E. W. Goff, N. Y.....4860 Friederich, N. J.....3914
Schaefer, N. Y.....4190 Larkin, N. Y.....3841
O. Pulvermiller, N. Y.....3975

1894.

E. W. Goff, N. Y.....5748 Butterworth.....4156
Cosgrove, N. Y.....5472 G. Gray, N. Y.....3651
Larkin, N. Y.....5434

HOW TO SCORE THE INDIVIDUAL ALL-AROUND CHAMPIONSHIP.

The following is an explanation of the system by which the annual contests for the individual all-around athletic championship are scored, and also the tables used by the officials. Compiled by W. B. Curtis, and published in the *Spirit of the Times*

The principle of the rules now in force is as follows: In each event the world's best amateur record is taken as a maximum for which 1,000 points are allowed. Then a standard or limit is established, and performances equal to, or worse than these standards score nothing. For performances between the maximum and the limit, points are allowed in accordance with graded scales, which we print below.

For instance, the maximum for the 100-yard run is 9⅘s.—the world's best amateur record—and the standard or limit is 14⅘s. The run scores from 9⅘s. up to 14⅘s., allowing 1,000 points for 9⅘s. and 42 points less for each ⅕s. above 9⅘s. For instance, 10s. scores 958 points; 10⅕s., 916 points; 11s., 748 points; 13s., 328 points; 14s., 118 points; 14⅖s., 34 points; and 14⅗s., no points. For times slower than 14⅗s. nothing is scored. For times faster than 9⅘s. 1,000 is scored, and 42 additional points for each fifth of a second better than 9⅘s.

The 1-mile run, the half mile walk and the 120-yard hurdle race are scored in the same manner, but each with its own maximum and limit.

Again, in the running broad jump, the maximum is 23ft. 6½in.—the world's best record—and the standard or limit is 13ft. 1in. The jump scores from 23ft. 6½in. down to 13ft. 1in., allowing 1,000 points for 23ft. 6½in. and 8 points less for each inch below 23ft. 6½in. For instance, 21ft. scores 756 points, 20ft. 4in. 692 points, 14ft. 84 points, 13ft. 2in. 4 points, and 13ft. 1in. 0. For jumps shorter than 13ft. 1in. nothing is scored. For jumps longer than 23ft. 6½in. 1,000 points are scored and 8 additional points for each inch better than 23ft 6½in.

The running high jump, pole vault, shot-putting, hammer throwing and weight-throwing are scored in the same manner, but each with its own maximum and limit.

SPECIAL INSTRUCTIONS FOR THE CONDUCT OF THE 100-YARD RUN AND 120-YARD HURDLE RACE.

Ordinary timing watches cannot record any fraction of time less than a fifth of a second,

and at the finish of a 100-yard run or 120-yard hurdle race the runners cover from 4 feet to 7 feet in a fifth of a second. Hence, one runner might be 3 feet or 4 feet or 5 feet or even 6 feet behind another and yet the watches would give the same time for each of the two. This 3 or 4 or 5 or 6 feet would be worth 15 or 20 or 25 or 30 points in the hurdle race, and 21 or 28 or 35 or 42 points in the 100 yard run. Consequently, in order to get a fair score, the contestants must not be timed separately, but only the first man must be timed and the others must be scored by their distance behind the winner.

The final 10 yards of the course should be marked off with whitewash lines one foot apart just as is done at the start of handicaps.

The judges should station themselves in such positions as will enable them to note accurately the distance from the finish line of the second, third and fourth men at the moment the first man touches the tape.

If there are only four contestants all may be allowed to start in one heat, although heats of three would be better, because more easily and accurately judged. If there are more than four contestants, they should be divided into heats of not more than three starters. The fastest three men, as nearly as the officials can judge, should be placed in one heat, the next three in speed in the next heat, and so on down to the slowest three for the last heat. In this way the finishes will be closer than if fast and slow men were started together, and the judging will be more accurate.

When the judges announce the distances between the contestants the scorers will allow points as follows:

In the 100-yard run, to the first man the points allowed in table for his time, to the second, third and fourth men the points allowed for the first man's time, less seven points for each foot that each man is behind the winner.

For instance, if the judges should report as follows: A wins in 10⅘s.; B second, by 2 feet; C third, by 3 feet, and D fourth, by a foot. The score will be: A, 790; B, 790, less 2 feet, at 7 points, equals 14 points—776 points. C, 790, less 5 feet, at 7 points, equals 35 points—755 points. D, 790 points, less 6 feet, at 7 points, equals 42 points—748 points.

In 120-yard hurdle race, to the first man the points allowed in table for his time; to the second, third and fourth men, the points allowed in table for the first man's time, less five points for each foot that each man is behind the winner.

For instance, if the judges should report as follows: A, first, in 17⅕s.; B, second, by a foot; C, third, by 4 feet; D, fourth, by 3 feet, the score would be made up as follows: A, 760 points; B, 760 points, less 1 foot at 5 points per foot, equals 5 points—755 points; C, 760 points, less 5 feet at 5 points per foot, equals 25 points—735 points; D, 760 points, less 8 feet at 5 points per foot, equals 40 points—720 points.

These instances will illustrate the method of scoring of the distances between the several contestants.

100 YARD RUN.

Time.	*Points.*	*Time.*	*Points.*	*Time.*	*Points.*
9⅘s.	1,000	11⅜s.	664	13⅕s.	286
10s.	958	11⅖s.	622	13⅖s.	244
10⅕s.	916	11⅘s.	580	13⅗s.	202
10⅖s.	874	12s.	538	13⅘s.	160
10⅗s.	832	12⅕s.	496	14s.	118
10⅘s.	790	12⅖s.	454	14⅕s.	76
11s.	748	12⅗s.	412	14⅖s.	34
11⅕s.	706	12⅘s.	370	14⅗s.	00
		13s.	328		

For times slower than 14⅗s. score nothing.

For times faster than 9⅘s. score 1,000, and an additional 42 points for each ⅕ of a second faster than 9⅘s.

☞ See special instructions above for the conduct of this race. ☜

1-MILE RUN.

Time.	*Points.*	*Time.*	*Points.*	*Time.*	*Points.*
4m. 17⅘s.	1000	5m. 24s.	669	6m. 32s.	329
4m. 18s.	999	5m. 25s.	664	6m. 33s.	324
4m. 19s.	994	5m. 26s.	659	6m. 34s.	319
4m. 20s.	989	5m. 27s.	654	6m. 35s.	314
4m. 21s.	984	5m. 28s.	649	6m. 36s.	309
4m. 22s.	979	5m. 29s.	644	6m. 37s.	304
4m. 23s.	974	5m. 30s.	639	6m. 38s.	299
4m. 24s.	969	5m. 31s.	634	6m. 39s.	294
4m. 25s.	964	5m. 32s.	629	6m. 40s.	289
4m. 26s.	959	5m. 33s.	624	6m. 41s.	284
4m. 27s.	954	5m. 34s.	619	6m. 42s.	279
4m. 28s.	949	5m. 35s.	614	6m. 43s.	274
4m. 29s.	944	5m. 36s.	609	6m. 44s.	269
4m. 30s.	939	5m. 37s.	604	6m. 45s.	264
4m. 31s.	934	5m. 38s.	599	6m. 46s.	259
4m. 32s.	929	5m. 39s.	594	6m. 47s.	254
4m. 33s.	924	5m. 40s.	589	6m. 48s.	249
4m. 34s.	919	5m. 41s.	584	6m. 49s.	244
4m. 35s.	914	5m. 42s.	579	6m. 50s.	239
4m. 36s.	909	5m. 43s.	574	6m. 51s.	234
4m. 37s.	904	5m. 44s.	569	6m. 52s.	229
4m. 38s.	899	5m. 45s.	564	6m. 53s.	224

1 MILE RUN.

Time.	Points.	Time.	Points	Time	Points.
4m. 39s.	894	5m. 46s.	559	6m. 54s.	219
4m. 40s.	889	5m. 47s.	554	6m. 55s.	214
4m. 41s.	884	5m. 48s.	549	6m. 56s.	209
4m. 42s.	879	5m. 49s.	544	6m. 57s.	204
4m. 43s.	874	5m. 50s.	539	6m. 58s.	199
4m. 44s.	869	5m. 51s.	534	6m. 59s.	194
4m. 45s.	864	5m. 52s.	529	7m.	189
4m. 46s.	859	5m. 53s.	524	7m. 1s.	184
4m. 47s.	854	5m. 54s.	519	7m. 2s.	179
4m. 48s.	849	5m. 55s.	514	7m. 3s.	174
4m. 49s.	844	5m. 56s.	509	7m. 4s.	169
4m. 50s.	839	5m. 57s.	504	7m. 5s.	164
4m. 51s.	834	5m. 58s.	499	7m. 6s.	159
4m. 52s.	829	5m. 59s.	494	7m. 7s.	154
4m. 53s.	824	6m.	489	7m. 8s.	149
4m. 54s	819	6m. 1s.	484	7m. 9s.	144
4m. 55s.	814	6m. 2s.	479	7m. 10s.	139
4m. 56s.	809	6m. 3s.	474	7m. 11s.	134
4m. 57s.	804	6m. 4s.	469	7m. 12s.	129
4m. 58s.	799	6m. 5s.	464	7m. 13s.	124
4m. 59s.	794	6m. 6s.	459	7m. 14s.	119
5m.	789	6m. 7s.	454	7m. 15s.	114
5m. 1s.	784	6m. 8s.	449	7m. 16s.	109
5m. 2s.	779	6m. 9s.	444	7m. 17s.	104
5m. 3s.	774	6m. 10s.	439	7m. 18s.	99
5m. 4s.	769	6m. 11s.	434	7m. 19s.	94
5m. 5s.	764	6m. 12s.	429	7m. 20s.	89
5m. 6s.	759	6m. 13s.	424	7m. 21s.	84
5m. 7s.	754	6m. 14s.	419	7m. 22s.	79
5m. 8s.	749	6m. 15s.	414	7m. 23s.	74
5m. 9s.	744	6m. 16s.	409	7m. 24s.	69
5m. 10s.	739	6m. 17s.	404	7m. 25s.	64
5m. 11s.	734	6m. 18s.	399	7m. 26s.	59
5m. 12s.	729	6m. 19s.	394	7m. 27s.	54
5m. 13s.	724	6m. 20s.	389	7m. 28s.	49
5m. 14s.	719	6m. 21s.	384	7m. 29s.	44
5m. 15s.	714	6m. 22s.	379	7m. 30s.	39
5m. 16s.	709	6m. 23s.	374	7m. 31s.	34
5m. 17s.	704	6m. 24s.	369	7m. 32s.	29
5m. 18s.	699	6m. 25s.	364	7m. 33s.	24
5m. 19s.	694	6m. 26s.	359	7m. 34s.	19
5m. 20s.	689	6m. 27s.	354	7m. 35s.	14
5m. 21s.	684	6m. 28s.	349	7m. 36s.	9
5m. 22s.	679	6m. 29s.	344	7m. 37s.	4
5m. 23s.	674	6m. 30s.	339	7m. 38s.	0
		6m. 31s.	334		

For any performance slower than 7m. 38s. score nothing.

For any performance faster than 4m. 17⅘s. score 1,000, and 1 additional point for each fifth of a second better than 4m. 17⅘s.

For fractional times, between the even seconds, deduct 1 point for each fifth of a second. For instance, 5m. 9s. scores 744 points, 5m. 9⅕s. scores 743 points, 5m. 9⅖s. 742 points, 5m. 9⅗s. 741 points and 5m. 9⅘s. 740 points, etc.

Each runner must be timed separately.

120-YARD HURDLE RACE.

Time.	Points.	Time.	Points.	Time.	Points.
15⅝s.	1000	18s.	640	20⅛s.	310
15⅘s.	970	18⅕s.	610	20⅜s.	280
16s.	940	18⅖s.	580	20⅝s.	250
16⅕s.	910	18⅜s.	550	20¾s.	220
16⅜s.	880	18⅘s.	520	21s.	190
16⅝s.	850	19s.	490	21⅛s.	160
16¾s.	820	19⅛s.	460	21⅜s.	130
17s.	790	19⅜s.	430	21⅝s.	100
17⅛s.	760	19⅝s.	400	21¾s.	70
17⅜s.	730	19⅞s.	370	22s.	40
17⅝s.	700	20s.	340	22⅛s.	10
17¾s.	670			22⅜s.	0

For time slower than 22⅜s. score nothing.

For time faster than 15⅝s. score 1,000 points, and an additional 30 points for each ⅕th of a second faster than 15⅘s.

☞ See special instructions above for the conduct of this race. ☜

HALF-MILE WALK.

Time.	Points.	Time.	Points.	Time.	Points.
3m. 2⅜s.	1000	4m. 9s.	667	5m. 17s.	327
3m. 3s.	997	4m. 10s.	662	5m. 18s.	322
3m. 4s.	992	4m. 11s.	657	5m. 19s.	317
3m. 5s.	987	4m. 12s.	652	5m. 20s.	312
3m. 6s.	982	4m. 13s.	647	5m. 21s.	307
3m. 7s.	977	4m. 14s.	642	5m. 22s.	302
3m. 8s.	972	4m. 15s.	637	5m. 23s.	297
3m. 9s.	967	4m. 16s.	632	5m. 24s.	292
3m. 10s.	962	4m. 17s.	627	5m. 25s.	287
3m. 11s.	957	4m. 18s.	622	5m. 26s.	282
3m. 12s.	952	4m. 19s.	617	5m. 27s.	277
3m. 13s.	947	4m. 20s.	612	5m. 28s.	272
3m. 14s.	942	4m. 21s.	607	5m. 29s.	267
3m. 15s.	937	4m. 22s.	602	5m. 30s.	262
3m. 16s.	932	4m. 23s.	597	5m. 31s.	257
3m. 17s.	927	4m. 24s.	592	5m. 32s.	252
3m. 18s.	922	4m. 25s.	587	5m. 33s.	247
3m. 19s.	917	4m. 26s.	582	5m. 34s.	242
3m. 20s.	912	4m. 27s.	577	5m. 35s.	237
3m. 21s.	907	4m. 28s.	572	5m. 36s.	232
3m. 22s.	902	4m. 29s.	567	5m. 37s.	227
3m. 23s.	897	4m. 30s.	562	5m. 38s.	222
3m. 24s.	892	4m. 31s.	557	5m. 39s.	217
3m. 25s.	887	4m. 32s.	552	5m. 40s.	212
3m. 26s.	882	4m. 33s.	547	5m. 41s.	207
3m. 27s.	877	4m. 34s.	542	5m. 42s.	202
3m. 28s.	872	4m. 35s.	537	5m. 43s.	197
3m. 29s.	867	4m. 36s.	532	5m. 44s.	192
3m. 30s.	862	4m. 37s.	527	5m. 45s.	187
3m. 31s.	857	4m. 38s.	522	5m. 46s.	182
3m. 32s.	852	4m. 39s.	517	5m. 47s.	177
3m. 33s.	847	4m. 40s.	512	5m. 48s.	172
3m. 34s.	842	4m. 41s.	507	5m. 49s.	167
3m. 35s.	837	4m. 42s.	502	5m. 50s.	162

HALF-MILE WALK.

Time.	*Points*	*Time*	*Points*	*Time*	*Points*
3m. 36s.	832	4m. 43s.	497	5m. 51s.	157
3m. 37s.	827	4m. 44s.	492	5m. 52s.	152
3m. 38s.	822	4m. 45s.	487	5m. 53s.	147
3m. 39s.	817	4m. 46s.	482	5m. 54s.	142
3m. 40s.	812	4m. 47s.	477	5m. 55s.	137
3m. 41s.	807	4m. 48s.	472	5m. 56s.	132
3m. 42s.	802	4m. 49s.	467	5m. 57s.	127
3m. 43s.	797	4m. 50s.	462	5m. 58s.	122
3m. 44s.	792	4m. 51s.	457	5m. 59s.	117
3m. 45s.	787	4m. 52s.	452	6m.	112
3m. 46s.	782	4m. 53s.	447	6m. 1s.	107
3m. 47s.	777	4m. 54s.	442	6m. 2s.	102
3m. 48s.	772	4m. 55s.	437	6m. 3s.	97
3m. 49s.	767	4m. 56s.	432	6m. 4s.	92
3m. 50s.	762	4m. 57s.	427	6m. 5s.	87
3m. 51s.	757	4m. 58s.	422	6m. 6s.	82
3m. 52s.	752	4m. 59s.	417	6m. 7s.	77
3m. 53s.	747	5m.	412	6m. 8s.	72
3m. 54s.	742	5m. 1s.	407	6m. 9s.	67
3m. 55s.	737	5m. 2s.	402	6m. 10s.	62
3m. 56s.	732	5m. 3s.	397	6m. 11s.	57
3m. 57s.	727	5m. 4s.	392	6m. 12s.	52
3m. 58s.	722	5m. 5s.	387	6m. 13s.	47
3m. 59s.	717	5m. 6s.	382	6m. 14s.	42
4m.	712	5m. 7s.	377	6m. 15s.	37
4m. 1s.	707	5m. 8s.	372	6m. 16s.	32
4m. 2s.	702	5m. 9s.	367	6m. 17s.	27
4m. 3s.	697	5m. 10s.	362	6m. 18s.	22
4m. 4s.	692	5m. 11s.	357	6m. 19s.	17
4m. 5s.	687	5m. 12s.	352	6m. 20s.	12
4m. 6s.	682	5m. 13s.	347	6m. 21s.	7
4m. 7s.	677	5m. 14s.	342	6m. 22s.	2
4m. 8s.	672	5m. 15s.	337	6m. 23s.	0
		5m. 16s.	332		

For any performance slower than 6m. 23s. score nothing.

For any performance faster than 3m. 2⅗s. score 1,000, and 1 additional point for each fifth of a second better than 3m. 2⅗s.

For any fractional time, between the even seconds, deduct 1 point for each fifth of a second. For instance, 4m. 17s. score 627 points; 4m. 17⅕s., 626 points; 4m. 17⅖s., 625 points; 4m. 17⅗s., 624 points; 4m. 17⅘s., 623 points, etc.

RUNNING HIGH JUMP.

Height.	*Pts.*	*Height.*	*Pts.*	*Height.*	*Pts.*
6ft. 4¼in.	1000	5ft. 6in.	672	4ft. 7in.	320
6ft. 4in.	992	5ft. 5in.	640	4ft. 6in.	288
6ft. 3in.	960	5ft. 4in.	608	4ft. 5in.	256
6ft. 2in.	928	5ft. 3in.	576	4ft. 4in.	224
6ft. 1in.	896	5ft. 2in.	544	4ft. 3in.	192
6ft.	864	5ft. 1in.	512	4ft. 2in.	160
5ft. 11in.	832	5ft.	480	4ft. 1in.	128
5ft. 10in.	800	4ft. 11in.	448	4ft.	96
5ft. 9in.	768	4ft. 10in.	416	3ft. 11in.	64
5ft. 8in.	736	4ft. 9in.	384	3ft. 10in.	32
5ft. 7in.	704	4ft. 8in.	352	3ft. 9in.	0

For jumps below 3 feet 9 inches score nothing.

For jumps above 6 feet 4¼ inches score 1000 points, and 4 additional points for each ⅛th of an inch above 6 feet 4¼ inches.

For fractional performances, between the even inches, score an additional 4 points for each ⅛th of an inch. For instance, 5 feet 2 inches score 544 points; 5 feet 2⅛ inches, 548 points; 5 feet 2⅜ inches, 556 points; 5 feet 2¾ inches, 568 points, etc.

RUNNING BROAD JUMP.

Distance.	*Pts.*	*Distance.*	*Pts.*	*Distance.*	*Pts.*
23ft. 6½in.	1000	20ft. 1in.	668	16ft. 6in.	324
23ft. 6in.	996	20ft.	660	16ft. 5in.	316
23ft. 5in.	988	19ft. 11in.	652	16ft. 4in.	308
23ft. 4in.	980	19ft. 10in.	644	16ft. 3in.	300
23ft. 3in.	972	19ft. 9in.	636	16ft. 2in.	292
23ft. 2in.	964	19ft. 8in.	628	16ft. 1in.	284
23ft. 1in.	956	19ft. 7in.	620	16ft.	276
23ft.	948	19ft. 6in.	612	15ft. 11in.	268
22ft. 11in.	940	19ft. 5in.	604	15ft. 10in.	260
22ft. 10in.	932	19ft. 4in.	596	15ft. 9in.	252
22ft. 9in.	924	19ft. 3in.	588	15ft. 8in.	244
22ft. 8in.	916	19ft. 2in.	580	15ft. 7in.	236
22ft. 7in.	908	19ft. 1in.	572	15ft . 6in.	228
22ft. 6in.	900	19ft.	564	15ft. 5in.	220
22ft. 5in.	892	18ft. 11in.	556	15ft. 4in.	212
22ft. 4in.	884	18ft. 10in.	548	15ft. 3in.	204
22ft. 3in.	876	18ft. 9in.	540	15ft. 2in.	196
22ft. 2in.	868	18ft. 8in.	532	15ft. 1in.	188
22ft. 1in.	860	18ft. 7in.	524	15ft.	180
22ft.	852	18ft. 6in.	516	14ft. 11in.	172
21ft. 11in.	844	18ft. 5in.	508	14ft. 10in.	164
21ft. 10in.	836	18ft. 4in.	500	14ft. 9in.	156
21ft. 9in.	8 8	18ft. 3in.	492	14ft. 8in.	148
21ft. 8in.	8 0	18ft. 2in.	484	14ft. 7in.	140
21ft. 7in.	812	18ft. 1in.	476	14ft. 6in.	132
21ft. 6in.	804	18ft.	468	14ft. 5in.	124
21ft. 5in.	796	17ft. 11in.	460	14ft. 4in.	116
21ft. 4in.	788	17ft. 10in.	452	14ft. 3in.	108

RUNNING BROAD JUMP.

Distance	*Pts*	*Distance*	*Pts*	*Distance*	*Pts*
21ft. 3in.	780	17ft. 9in.	444	14ft. 2in.	100
21ft. 2in.	772	17ft. 8in.	436	14ft. 1in.	92
21ft. 1in.	764	17ft. 7in.	428	14ft.	84
21ft.	756	17ft. 6in.	420	13ft. 11in.	76
20ft. 11in.	748	17ft. 5in.	412	13ft. 10in.	68
20ft. 10in.	740	17ft. 4in.	404	13ft. 9in.	60
20ft. 9in.	732	17ft. 3in.	396	13ft. 8in.	52
20ft. 8in.	724	17ft. 2in.	388	13ft. 7in.	44
20ft 7in.	716	17ft. 1in.	380	13ft. 6in.	36
20ft. 6in.	708	17ft.	372	13ft. 5in.	28
20ft. 5in.	700	16ft. 11in.	364	13ft. 4in.	20
20ft. 4in.	692	16ft. 10in.	356	13ft. 3in.	12
20ft. 3in.	684	16ft. 9in.	348	13ft. 2in.	4
20ft. 2in.	676	16ft. 8in.	340	13ft. 1in.	0
		16ft. 7in.	332		

For jumps shorter than 13ft. 1in., score nothing.

For jumps longer than 23ft. 6½in., score 1,000 points, and 1 additional point for each ⅛th of an inch beyond 23ft. 6½in.

For fractional distances between the even inches, score 1 additional point for each ⅛th of an inch. For instance, 18ft. 6in., score 516 points; 18ft. 6⅛in., 517 points; 18ft. 6⅜in. 519 points; 18ft. 6¾in., 522 points, etc.

POLE VAULT.

Height.	*Pts.*	*Height.*	*Pts.*	*Height.*	*Pts*
11ft. 9in.	1000	10ft.	664	8ft. 2in.	312
11ft. 8in.	984	9ft. 11in.	648	8ft. 1in.	296
11ft. 7in.	968	9ft. 10in.	632	8ft.	280
11ft. 6in.	952	9ft. 9in.	616	7ft. 11in.	264
11ft. 5in.	936	9ft. 8in.	600	7ft. 10in.	248
11ft. 4in.	920	9ft. 7in.	584	7ft. 9in.	232
11ft. 3in.	904	9ft. 6in.	568	7ft. 8in.	216
11ft. 2in.	888	9ft. 5in.	552	7ft. 7in.	200
11ft. 1in.	872	9ft. 4in.	536	7ft. 6in.	184
11ft.	856	9ft. 3in.	520	7ft. 5in.	168
10ft. 11in.	840	9ft. 2in.	504	7ft. 4in.	152
10ft. 10in.	824	9ft. 1in.	488	7ft. 3in.	136
10ft. 9in.	808	9ft.	472	7ft. 2in.	120
10ft. 8in.	792	8ft. 11in.	456	7ft. 1in.	104
10ft. 7in.	776	8ft. 10in.	440	7ft.	88
10ft. 6in.	760	8ft. 9in.	424	6ft. 11in.	72
10ft. 5in.	744	8ft. 8in.	408	6ft. 10in.	56
10ft. 4in.	728	8ft. 7in.	392	6ft. 9in.	40
10ft. 3in.	712	8ft. 6in.	376	6ft. 8in.	24
10ft. 2in.	696	8ft. 5in.	360	6ft. 7in.	8
10ft. 1in.	680	8ft. 4in.	344	6ft. 6in.	0
		8ft. 3in.	328		

For any vault below 6ft. 6in., score nothing.
For any vault above 11ft. 9in. score 1,000

points, and 2 additional points for each ⅛th inch above 11ft. 9in.

For any fractional figures between the even inches, add 2 points for each ⅛ of an inch. For instance, 8ft. 10in., score 440 points; 8ft. 10⅛in. is 442 points; 8ft. 10⅜in., 446 points; 8ft. 10¾in., 452 points, etc.

PUTTING THE SHOT.

Distance.	*Pts.*	*Distance.*	*Pts.*	*Distance.*	*Pts.*
47ft.	1000	40ft.	664	33ft.	328
46ft. 11in.	996	39ft. 11in.	660	32ft. 11in.	324
46ft. 10in.	992	39ft. 10in.	656	32ft. 10in.	320
46ft. 9in.	988	39ft. 9in.	652	32ft. 9in.	316
46ft. 8in.	984	39ft. 8in.	648	32ft. 8in.	312
46ft. 7in.	980	39ft. 7in.	644	32ft. 7in.	308
46ft. 6in.	976	39ft. 6in.	640	32ft. 6in.	304
46ft. 5in.	972	39ft. 5in.	636	32ft. 5in.	300
46ft. 4in.	968	39ft. 4in.	632	32ft. 4in.	296
46ft. 3in.	964	39ft. 3in.	628	32ft. 3in.	292
46ft. 2in.	960	39ft. 2in.	624	32ft. 2in.	288
46ft. 1in.	956	39ft. 1in.	620	32ft. 1in.	284
46ft.	952	39ft.	616	32ft.	280
45ft. 11in.	948	38ft. 11in.	612	31ft. 11in.	276
45ft. 10in.	944	38ft. 10in.	608	31ft. 10in.	272
45ft. 9in.	940	38ft. 9in.	604	31ft. 9in.	268
45ft. 8in.	936	38ft. 8in.	600	31ft. 8in.	264
45ft. 7in.	932	38ft. 7in.	596	31ft. 7in.	260
45ft. 6in.	928	38ft. 6in.	592	31ft. 6in.	256
45ft. 5in.	924	38ft. 5in.	588	31ft. 5in.	252
45ft. 4in.	920	38ft. 4in.	584	31ft. 4in.	248
45ft. 3in.	916	38ft. 3in.	580	31ft. 3in.	244
45ft. 2in.	912	38ft. 2in.	576	31ft. 2in.	240
45ft. 1in.	908	38ft. 1in.	572	31ft. 1in.	236
45ft.	904	38ft.	568	31ft.	232
44ft. 11in.	900	37ft. 11in.	564	30ft. 11in.	228
44ft. 10in.	896	37ft. 10in.	560	30ft. 10in.	224
44ft. 9in.	892	37ft. 9in.	556	30ft. 9in.	220
44ft. 8in.	888	37ft. 8in.	552	30ft. 8in.	216
44ft. 7in.	884	37ft. 7in.	546	30ft. 7in.	212
44ft. 6in.	880	37ft. 6in.	544	30ft. 6in.	208
44ft. 5in.	876	37ft. 5in.	540	30ft. 5in.	204
44ft. 4in.	872	37ft. 4in.	536	30ft. 4in.	200
44ft. 3in.	868	37ft. 3in.	532	30ft. 3in.	196
44ft. 2in.	864	37ft. 2in.	528	30ft. 2in.	192
44ft. 1in.	860	37ft. 1in.	524	30ft. 1in.	188
44ft.	856	37ft.	520	30ft.	184
43ft. 11in.	852	36ft. 11in.	516	29ft. 11in.	180
43ft. 10in.	848	36ft. 10in.	512	29ft. 10in.	176
43ft. 9in.	844	36ft. 9in.	508	29ft. 9in.	172
43ft. 8in.	840	36ft. 8in.	504	29ft. 8in.	168
43ft. 7in.	836	36ft. 7in.	500.	29ft. 7in.	164
43ft. 6in.	832	36ft. 6in.	496	29ft. 6in.	160
43ft. 5in.	828	36ft. 5in.	492	29ft. 5in.	156
43ft. 4in.	824	36ft. 4in.	488	29ft. 4in.	152
43ft. 3in.	820	36ft. 3in.	484	29ft. 3in.	148
43ft. 2in.	816	36ft. 2in.	480	29ft. 2in.	144

PUTTING THE SHOT.

Distance.	*Pts.*	*Distance.*	*Pts.*	*Distance.*	*Pts.*
43ft. 1in.	812	36ft. 1in.	476	29ft. 1in.	140
43ft.	808	36ft.	472	29ft.	136
42ft. 11in.	804	35ft. 11in.	468	28ft. 11in.	132
42ft. 10in.	800	35ft. 10in.	464	28ft. 10in.	128
42ft. 9in.	796	35ft. 9in.	460	28ft. 9in.	124
42ft. 8in.	792	35ft. 8in.	456	28ft. 8in.	120
42ft. 7in.	788	35ft. 7in.	452	28ft. 7in.	116
42ft. 6in.	784	35ft. 6in.	448	28ft. 6in.	112
42ft. 5in.	780	35ft. 5in.	444	28ft. 5in.	108
42ft. 4in.	776	35ft. 4in.	440	28ft. 4in.	104
42ft. 3in.	772	35ft. 3in.	436	28ft. 3in.	100
42ft. 2in.	768	35ft. 2in.	432	28ft. 2in.	96
42ft. 1in.	764	35ft. 1in.	428	28ft. 1in.	92
42ft.	760	35ft.	424	28ft.	88
41ft. 11in.	756	34ft. 11in.	420	27ft. 11in.	84
41ft. 10in.	752	34ft. 10in.	416	27ft. 10in.	80
41ft. 9in.	748	34ft. 9in.	412	27ft. 9in.	76
41ft. 8in.	744	34ft. 8in.	408	27ft. 8in.	72
41ft. 7in.	740	34ft. 7in.	404	27ft. 7in.	68
41ft. 6in.	736	34ft. 6in.	400	27ft. 6in.	64
41ft. 5in.	732	34ft. 5in.	396	27ft. 5in.	60
41ft. 4in.	728	34ft. 4in.	392	27ft. 4in.	56
41ft. 3in.	724	34ft. 3in.	388	27ft. 3in.	52
41ft. 2in.	720	34ft. 2in.	384	27ft. 2in.	48
41ft. 1in.	716	34ft. 1in.	380	27ft. 1in.	44
41ft.	712	34ft.	376	27ft.	40
40ft. 11in.	708	33ft. 11in.	372	26ft. 11in.	36
40ft. 10in.	704	33ft. 10in.	368	26ft. 10in.	32
40ft. 9in.	700	33ft. 9in.	364	26ft. 9in.	28
40ft. 8in.	696	33ft. 8in.	360	26ft. 8in.	24
40ft. 7in.	692	33ft. 7in.	356	26ft. 7in.	20
40ft. 6in.	688	33ft. 6in.	352	26ft. 6in.	16
40ft. 5in.	684	33ft. 5in.	348	26ft. 5in.	12
40ft. 4in.	680	33ft. 4in.	344	26ft. 4in.	8
40ft. 3in.	676	33ft. 3in.	340	26ft. 3in.	4
40ft. 2in.	672	33ft. 2in.	336	26ft. 2in.	0
40ft. 1in.	668	33ft. 1in.	332		

For any put shorter than 26 feet 2 inches, score nothing.

For any put longer than 47 feet score 1,000, and 1 additional point for each ¼ inch beyond 47 feet.

For fractional distances between the even inches add 1 point for each ¼ inch. For instance, 34 feet 4 inches, score 392 points; 34 feet 4¼ inches, 393 points; 34 feet 4¾ inches, 395 points, etc.

THROWING THE HAMMER.

Dist.	*Points.*	*Dist.*	*Points.*	*Dist.*	*Points.*
145ft. ¾in.	1000	117ft.	663	89ft.	327
145ft.	999	116ft.	651	88ft.	315
144ft.	987	115ft.	639	87ft.	303
143ft.	975	114ft.	627	86ft.	291

THROWING THE HAMMER.

Dist.	*Points.*	*Dist.*	*Points*	*Dist.*	*Points.*
142ft.	963	113ft.	615	85ft.	279
141ft.	951	112ft.	603	84ft.	267
140ft.	939	111ft.	591	83ft.	255
139ft.	927	110ft.	579	82ft.	243
138ft.	915	109ft.	567	81ft.	231
137ft.	903	108ft.	555	80ft.	219
136ft.	891	107ft.	543	79ft.	207
135ft.	879	106ft.	531	78ft.	195
134ft.	867	105ft.	519	77ft.	183
133ft.	855	104ft.	507	76ft.	171
132ft.	843	103ft.	495	75ft.	159
131ft.	831	102ft.	483	74ft.	147
130ft.	819	101ft.	471	73ft.	135
129ft.	807	100ft.	459	72ft.	123
128ft.	795	99ft.	447	71ft.	111
127ft.	783	98ft.	435	70ft.	99
126ft.	771	97ft.	423	69ft.	87
125ft.	759	96ft.	411	68ft.	75
124ft.	747	95ft.	399	67ft.	63
123ft.	735	94ft.	387	66ft.	51
122ft.	723	93ft.	375	65ft.	39
121ft.	711	92ft.	363	64ft.	27
120ft.	699	91ft.	351	63ft.	15
119ft.	687	90ft.	339	62ft.	3
118ft.	675			61ft.	0

For throws shorter than 61 feet, score nothing.

For throws longer than 145 feet 1 inch, score 1,000, and 1 additional point for each inch beyond 145 feet 1 inch.

For fractional distances between the even feet, add 1 point for each inch. For instance, 97 feet scores 423 points; 97 feet 3 inches, 426 points; 97 feet 7 inches, 430 points; 97 feet 11 inches, 434 points, etc.

THROWING 56-LB. WEIGHT.

Distance.	*Pts.*	*Distance.*	*Pts.*	*Distance.*	*Pts.*
35ft. 10in.	1000	28ft. 10in.	664	21ft. 11in.	332
35ft. 9in.	996	28ft. 9in.	660	21ft. 10in.	328
35ft. 8in.	992	28ft. 8in.	656	21ft. 9in.	324
35ft. 7in.	988	28ft. 7in.	652	21ft. 8in.	320
35ft. 6in.	984	28ft. 6in.	648	21ft. 7in.	316
35ft. 5in.	980	28ft. 5in.	644	21ft. 6in.	312
35ft. 4in.	976	28ft. 4in.	640	21ft. 5in.	308
35ft. 3in.	972	28ft. 3in.	636	21ft. 4in.	304
35ft. 2in.	968	28ft. 2in.	632	21ft. 3in.	300
35ft. 1in.	964	28ft. 1in.	628	21ft. 2in.	296
35ft.	960	28ft.	624	21ft. 1in.	292
34ft. 11in.	956	27ft. 11in.	620	21ft.	288
34ft. 10in.	952	27ft. 10in.	616	20ft. 11in.	284
34ft. 9in.	948	27ft. 9in.	612	20ft. 10in.	280
34ft. 8in.	944	27ft. 8in.	608	20ft. 9in.	276
34ft. 7in.	940	27ft. 7in.	604	20ft. 8in.	272
34ft. 6in.	936	27ft. 6in.	600	20ft. 7in.	268

THROWING 56 LB. WEIGHT

Distance.	*Pts.*	*Distance*	*Pts.*	*Distance.*	*Pts*
34ft. 5in.	932	27ft. 5in.	596	20ft. 6in.	264
34ft. 4in.	928	27ft. 4in.	592	20ft. 5in.	260
34ft. 3in.	924	27ft. 3in.	588	20ft. 4in.	256
34ft. 2in.	920	27ft. 2in.	584	20ft. 3in.	252
34ft. 1in.	916	27ft. 1in.	580	20ft. 2in.	248
34ft.	912	27ft.	576	20ft. 1in.	244
33ft. 11in.	908	26ft. 11in.	572	20ft.	240
33ft. 10in.	904	25ft. 10in.	568	19ft. 11in.	236
33ft. 9in.	900	26ft. 9in.	564	19ft. 10in.	232
33ft. 8in.	896	26ft. 8in.	560	19ft. 9in.	228
38ft. 7in.	892	26ft. 7in.	556	19ft. 8in.	224
33ft. 6in.	888	26ft. 6in.	552	19ft. 7in.	220
33ft. 5in.	884	26ft. 5in.	548	19ft. 6in.	216
33ft. 4in.	880	26ft. 4in.	544	19ft. 5in.	212
33ft. 3in.	876	26ft. 3in.	540	19ft. 4in.	208
33ft. 2in.	872	26ft. 2in.	536	19ft. 3in.	204
33ft. 1in.	868	26ft. 1in.	532	19ft. 2in.	200
33ft.	864	26ft.	528	19ft. 1in.	196
32ft. 11in.	860	25ft. 11in.	524	19ft.	192
32ft. 10in.	856	25ft. 10in.	520	18ft. 11in.	188
32ft. 9in.	852	25ft. 9in.	516	18ft. 10in.	184
32ft. 8in.	848	25ft. 8in.	512	18ft. 9in.	180
32ft. 7in.	844	25ft. 7in.	508	18ft. 8in.	176
32ft. 6in.	840	25ft. 6in.	504	18ft. 7in.	172
32ft. 5in.	836	25ft. 5in.	500	18ft. 6in.	168
32ft. 4in.	832	25ft. 4in.	496	18ft. 5in.	164
32ft. 3in.	828	25ft. 3in.	492	18ft. 4in.	160
32ft. 2in.	824	25ft. 2in.	488	18ft. 3in.	156
32ft. 1in.	820	25ft. 1in.	484	18ft. 2in.	152
32ft.	816	25ft.	480	18ft. 1in.	148
31ft. 11in.	812	24ft. 11in.	476	18ft.	144
31ft. 10in.	808	24ft. 10in.	472	17ft. 11in.	140
31ft. 9in.	804	24ft. 9in.	468	17ft. 10in.	136
31ft. 8in.	800	24ft. 8in.	464	17ft. 9in.	132
31ft. 7in.	796	24ft. 7in.	460	17ft. 8in.	128
31ft. 6in.	792	24ft. 6in.	456	17ft. 7in.	124
31ft. 5in.	788	24ft. 5in.	452	17ft. 6in.	120
31ft. 4in.	784	24ft. 4in.	448	17ft. 5in.	116
31ft. 3in.	780	24ft. 3in.	444	17ft. 4in.	112
31ft. 2in.	776	24ft. 2in.	440	17ft. 3in.	108
31ft. 1in.	772	24ft. 1in.	436	17ft. 2in.	104
31ft.	768	24ft.	432	17ft. 1in.	100
30ft. 11in.	764	23ft. 11in.	428	17ft.	96
30ft. 10in.	760	23ft. 10in.	424	16ft. 11in.	92
30ft. 9in.	756	23ft. 9in.	420	16ft. 10in.	88
30ft. 8in.	752	23ft. 8in.	416	16ft. 9in.	84
30ft. 7in.	748	23ft. 7in.	412	16ft. 8in.	80
30ft. 6in.	744	23ft. 6in.	408	16ft. 7in.	76
30ft. 5in.	740	23ft. 5in.	404	16ft. 6in.	72
30ft. 4in.	736	23ft. 4in.	400	16ft. 5in.	68
30ft. 3in.	732	23ft. 3in.	396	16ft. 4in.	64
30ft. 2in.	728	23ft. 2in.	392	16ft. 3in.	60
30ft. 1in.	724	23ft. 1in.	388	16ft. 2in.	56
30ft.	720	23ft.	384	16ft. 1in.	52
29ft. 11in.	716	22ft. 11in.	380	16ft.	48
29ft. 10in.	712	22ft. 10in.	376	15ft. 11in.	44
29ft. 9in.	708	22ft. 9in.	372	15ft. 10in.	40

THROWING 56 LB. WEIGHT.

Distance.	*Pts.*	*Distance*	*Pts.*	*Distance.*	*Pts.*
29ft. 8in.	704	22ft. 8in.	368	15ft. 9in.	36
29ft. 7in.	700	22ft. 7in.	364	15ft. 8in.	32
29ft. 6in.	696	22ft. 6in.	360	15ft. 7in.	28
29ft. 5in.	692	22ft. 5in.	356	15ft. 6in.	24
29ft. 4in.	688	22ft. 4in.	352	15ft. 5in.	20
29ft. 3in.	684	22ft. 3in.	348	15ft. 4in.	16
29ft. 2in.	680	22ft. 2in.	344	15ft. 3in.	12
29ft. 1in.	676	22ft. 1in.	340	15ft. 2in.	8
29ft.	672	22ft.	336	15ft. 1in.	4
28ft. 11in.	668			15ft.	0

For any performance shorter than 15ft., score nothing.

For any performance longer than 35ft. 10in., score 1,000, and 1 additional point for each quarter inch beyond 35ft. 10in.

For any fractional performance between the even inches, add 1 additional point for each quarter inch. For instance, 27ft. scores 576 points; 27ft. ¼in., 577 points; 27ft. ¾in., 579 points, etc.

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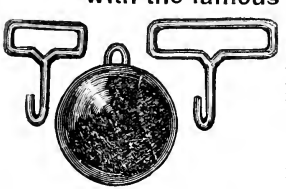

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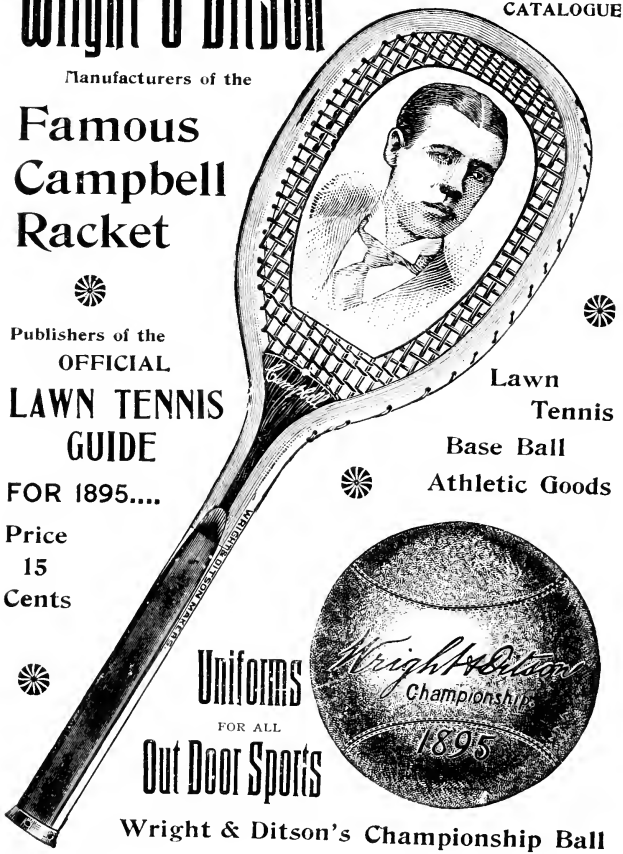

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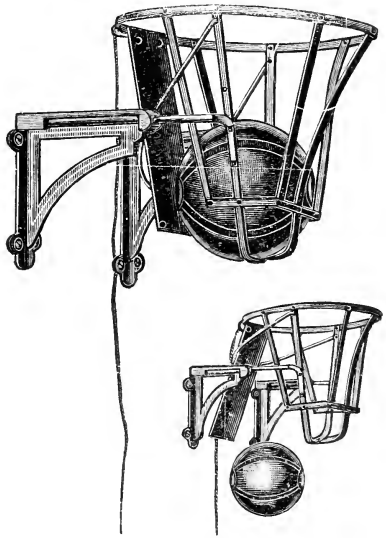

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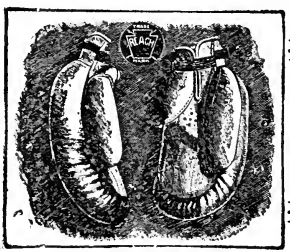

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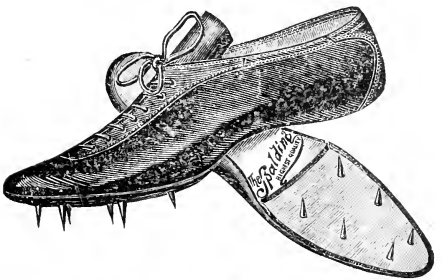

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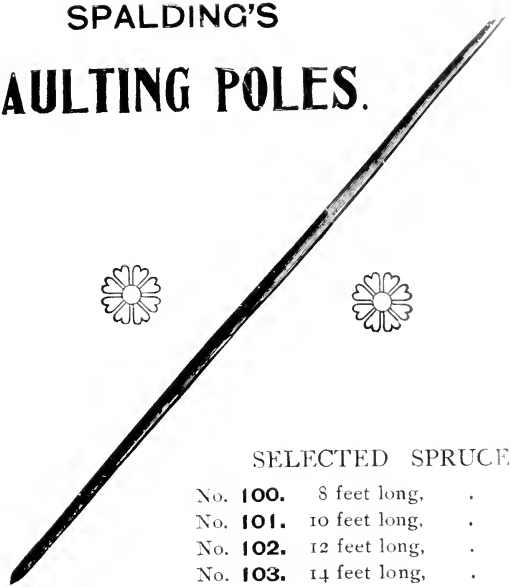

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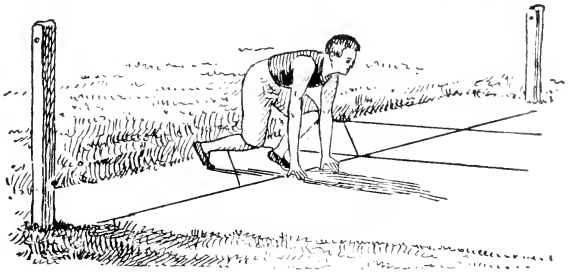

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